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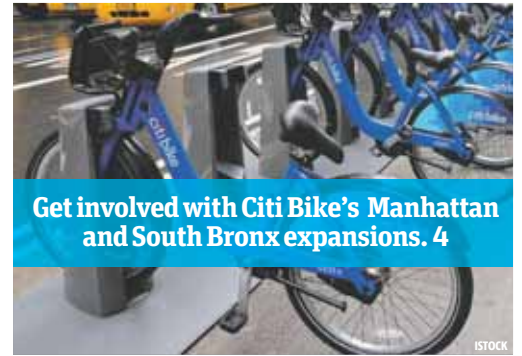
Monday, October 21, 2019 metro.us | t: MetroNewYork | MetroNewYork



NEIL DEGRASSE TYSON

Physicist talks science, religion...and Bigfoot! 14-15

GETTY IMAGES



Get involved with Citi Bike's Manhattan and South Bronx expansions. 4

ISTOCK

Cardinals run over Giants in
Saguon's return. 19

REVOLUTION *IN THE AIR*

Civil unrest is erupting around the globe, with citizens taking to the streets en masse to protest governments, corruption and social conditions. Metro details some of the most explosive movements happening now. 2



PHOTO ILLUSTRATION ISTOCK

SPOTLIGHT
ON
DISSENT

MONDAY

67° | 55°

Mostly Sunny then
Chance Shower

TUESDAY

68° | 54°

Chance
Showers

WEDNESDAY

68° | 47°

Mostly Sunny
then Sunny and Breezy

THURSDAY

67° | 54°

Mostly
Sunny

FRIDAY

68° | 54°

Mostly
Sunny

CIVIL DISOBEDIENCE

Elsewhere, in Spain protestors for Catalanian independence continue to hold massive demonstrations in public spaces, with over 500,000 people from both sides marching in Barcelona over the weekend. In Haiti, the late Thursday killing of a journalist who had closely covered the impoverished nation's political and economic crisis sparked days of violent protests. The country's government is said to be on the brink of collapse, as calls for President Jovenel Moise to resign become deafening. **GETTY IMAGES**

**1** Chile

Anti-government demonstrators swarm a military vehicle as they protest against cost of living increases on October 20, 2019 in Santiago, Chile. President Sebastian Piñera suspended the 3.5% subway fare hike and declared the state of emergency for the first time since the return of democracy in 1990. Protests had begun on Friday and developed into looting and arson, generating chaos in Santiago, Valparaiso and a dozen of other cities.

reading names of women victims of femicide as they lay on the ground of Place de la Republique, in Paris, during a demonstration called by different associations to denounce feminicides in France on October 19, 2019. The 121st victim of a femicide in France in 2019 died on October 14.

3 London

Anti-Brexit protesters take part in 'Together for the Final Say' rally on October 19, 2019, in London, UK. A few days before Brexit becomes a reality, one of the biggest public protests in British history took place

in London. More than a million people participated in mass outside parliament to deliver a message loud and clear to the government and MPs that they should trust the people, not Boris Johnson, to solve the Brexit crisis. At the Parliament Square, speeches were given from leading cross-party politicians and celebrity voices who support a People's Vote. **For more, see page 12.**

4 Amsterdam

Kurdish activists and supporters take part during a demonstration against the ongoing Turkish military operation in northeastern

Syria on October 19, 2019 in Amsterdam, Netherlands. The Dutch Kurdish community demonstrated in the streets of Amsterdam to protest against the offensive launched by the army of Turkey in the region of Rovaja, a Syrian Kurdistan region, the last bulwark against ISIS.

5 Hong Kong

A protester is seen standing in front of a burning fire during an anti-government protest in Yau Ma Tei district in Hong Kong, China on October 20, 2019. Pro-Democracy protesters have been taking to the streets for months in protest.





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NEWS

Citi Bike needs your help choosing the next station location

As Citi Bike expands into Upper Manhattan and the South Bronx, they are looking for station suggestions.



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

As Citi Bike's \$100 million expansion begins, Bushwick has already received 30 stations, so what's next? NYC DOT and Citi Bike are focusing on the areas between 130th and 155th street and the South Bronx, but they need your help determining station locations.

These neighborhoods are getting some new stations as part of Lyft's \$100 million investment to double the Citi Bike service area by 35 square miles within the next few



FILE PHOTO

years.

According to a press release, NYC DOT Commissioner Polly Trottenberg said that, "As Citi Bike continues the exciting process of doubling its service area, we are thrilled to bring new stations to Upper Manhattan and the South Bronx. This incredible growth is a testament

to our great partnership with Lyft, and I thank them for helping us transform how more and more New Yorkers get around our city."

Trottenberg added, "We are very excited to begin our community outreach and cannot wait to bring the benefits of bike share to new neigh-

borhoods in 2020 and beyond."

Citi Bike and NYC DOT are starting community outreach workshops on October 21 at City College. Besides the meeting on the 21st, there are other meetings planned as well.

Laura Fox, Lyft's Market Manager for Citi Bike, said in a press release,

"Fresh on the heels of 11 record-breaking days this summer and more than 2.5 million Citi Bike trips in September alone, we are thrilled to continue the Citi Bike expansion and begin our next round of community workshops. We look forward to connecting with uptown and South Bronx residents to

The meetings will be at:

- Manhattan Community Board 9 – Monday, October 21
City College (160 Convent Ave – 3rd Floor)
- Bronx Community Board 1 – Wednesday, October 23
BronxWorks Betances Community Center (547 E 146th St)
- Manhattan Community Board 10 – Monday, October 28
Hansborough Rec Center (35 W 134th St)

Each will have sessions starting at 6 p.m. and 7 p.m. Residents are welcome to attend and provide feedback on station locations, etc.

ensure the system meets their mobility needs and provides a fun, healthy, sustainable way to move around their community and the city."



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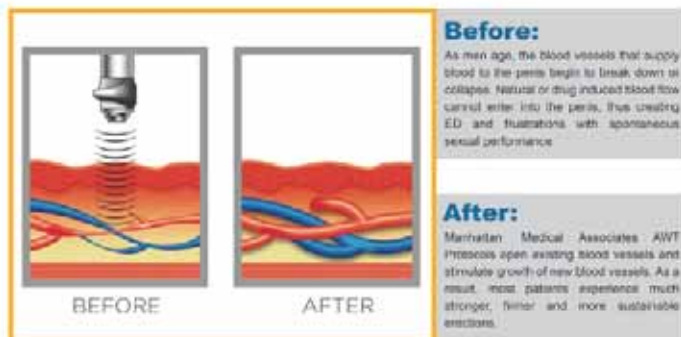
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Jack B says, "I'm 79 years old and visiting your clinic was the best choice I've ever made! I only wish I had known about it years ago."

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Democratic 2020 U.S. presidential candidate and U.S. Senator Bernie Sanders (I-VT) speaks during "Bernie's Back" rally at Queensbridge Park in the Queens borough of New York City, U.S., October 19, 2019.

REUTERS

Bernie Sanders draws thousands to rally in New York in comeback from heart attack

'Bernie's Back' rally draws huge crowd in Queens, NYC.

a surge in support for Elizabeth Warren, a U.S. Senator from Massachusetts.

Sanders, 78, the oldest candidate in the crowded Democratic field, has bounced back rapidly since the Oct. 1 heart attack that threatened to derail his campaign.

But Sanders, a U.S. Senator from Vermont, was already running third behind Warren and former Vice President Joe Biden in most national polls, although Sanders raised more money for his campaign in the last quarter than any other Democrat.

The rally was Sanders' largest of his 2020 campaign so far, with 25,872

than other Democratic candidates, said Christina Martin, 29, from Manhattan, who came to the rally with her mother, also a Sanders supporter and a breast cancer survivor.

Both said Sanders' proposal for government-run health care was his main draw, and credited him with focusing the Democratic Party on the issue.

"He moved the party so much in the past four years," said Martin. "We wouldn't be where we are without him. We wouldn't be talking about Medicare for All."

The backing of Ocasio-Cortez is expected to boost Sanders in his efforts to

U.S. presidential hopeful Bernie Sanders returned to the campaign trail in New York City on Saturday, three weeks after suffering a heart attack, and pledged to resume at full throttle his battle against the business and political establishment, including members of his own Democratic Party.

"I am more than ready to assume the office of President of the United States. I am more than ready to take on the greed and corruption of the corporate elite and their apologists," Sanders told a gathering of thousands of people holding aloft placards at the Queensbridge Park.

"To put it bluntly, I am back."

Sanders, one of 19 Democrats fighting to take on Republican President Donald Trump at the polls in November 2020 was introduced by U.S. Representative Alexandria Ocasio-Cortez, one of the leaders of the party's progressives and a frequent target of Trump's attacks.

The congresswoman announced her support to Sanders' campaign as his campaign battled to overcome the health scare and

"He moved the party so much in the past four years. We wouldn't be where we are without him. We wouldn't be talking about Medicare for All."

Christina Martin

people attending, his campaign said, citing a count by an outside company that managed the event, which Reuters was unable to independently verify.

The number would make the rally larger than one held in the city by Warren last month, Warren's largest of the campaign.

"His supporters are so much more passionate"

fight off Warren. The filmmaker Michael Moore also spoke to endorse Sanders' campaign.

Ocasio-Cortez, better known by her initials AOC, was welcomed with chants of "Green New Deal," a reference to her proposal for a transition to renewable energy sources that has been taken up by Sanders as part of his policy platform. **REUTERS**

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MODEL



The 7 best haunted houses in New York City 2019

Here's a list of the 7 best haunted houses to check out in New York City in 2019.



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

Halloween season is finally here and haunted houses are taking New York City by storm. Sure, scary movie marathons are great and all, but what about experiencing a "horror" movie in real life by exploring haunted houses? NYCgo.com and Metro

rounded up the best haunted houses throughout the city that are as close as a subway stop away.

Get scared with friends, family or your significant other this spooky season by checking out one of these haunted houses.

Here is a list of the seven best haunted houses to visit in New York City in 2019:

Blood Manor
Housed in a 19th-century Tribeca building with a history of ghost sightings, Blood Manor is an adrenaline pumping experience

with more than 5,000 sq. ft of themed rooms designed to maximize any fears.

This year, in addition to the daily frights, the 16-year old terror has added two special events on select dates. Particularly brave thrill-seekers can visit for one of the "Lights Out Nights," where groups walk through a minimally lit path with just one glow stick per group lighting the way. "Horrorgram" nights invite visitors to come in full cosplay, take photos with the scenery and characters and participate in some of the most popular sets.

Now-November 9, \$35-60, hours vary, 359 Broadway, to purchase tickets head to bloodmanor.com.

I Can't See

I Can't See is a brand new horror theater experience where participants are challenged to become a character in their own horror story. Done in complete and total darkness, guests are outfitted with an audio headset that directs them through a horror story that manifests in the real world in real-time using every sense other than sight.

Now-November 3, \$45-50, 5 p.m. to 11 p.m., 133 Greenwich Street, to purchase tickets head to nightmare NYC.com.

Bane House

A 40,000 sq. ft obstacle course with more than 100 live actors, Bane House touts itself as an attraction that plays on common fears without using any animatronics. Visitors are asked to climb up, crawl under, jump over and spin around the spine-chilling contents of this award-winning haunted experience.

Now-November 10, \$35-55, hours vary, 618 West 46th Street, to

purchase tickets head to banehauntedhouse.com.

Zombies R Back

Zombies R Back makes its return to Queens this year. The haunted house takes place in an abandoned Toys "R" Us, giving it almost a "Zombieland" vibe. Zombies are around every corner, ready to attack. In addition to the main area, this year will also have themed rooms such as the terrifying clown room and the "Upside Down."

Now-November 2, \$22-35, hours vary, 30-02 Whitestone Expy Hushing, to purchase tickets head to zombiesusnyc.com.

The Gravesend Inn

The Gravesend Inn is run by students from the New York City College of Technology (City Tech). It was inspired by an old-fashioned seaside resort and it's sure to bring you to another world. The "Inn" has been designed by Theatreworks, City Tech's resident theatrical troupe, with design, construction, and operating support.

October 25-October 31, \$5-10, hours vary, Voorhees Theatre, 186 Jay Street, Brooklyn, to purchase tickets head to gravesendinn.brownpapertickets.com.

BLACKOUT

The BLACKOUT experience is one of the scariest haunted house events in New York City and the United States. This haunted house has a ton of rules, the number one being you need to walk through it alone. No one under 18 is permitted to attend this scary and immersive experience. It takes you through a terrifying journey where you never know what might happen next.

Now-November 4, \$55-70, 6:30 p.m. to 11 p.m., 342 West 37th Street, to purchase tickets head to theblackoutexperience.com.

A Haunting At Hendrick's House

On October 26, prepare to be transported to a different era. The Hendrick I. Lott House has been around since 1720 and this season it's becoming home to a costume cocktail party, full of frights. The home is rarely open to the public, which makes it a must-see this season.

October 26, \$75, doors open at 7 p.m., 1940 East 36th Street, Brooklyn, to purchase tickets head to eventbrite.com



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BronxCare Health System	1276 Fulton Ave, Conference Rooms A & B	10/29
St. Barnabas Hospital	4422 3rd Ave (3rd Ave & 182nd St Entrance)	11/1
Montefiore Medical Group	2300 Westchester Avenue, 2nd Fl Conference Room	11/5, 11/21
Montefiore Medical Center	2532 Grand Concourse, 3rd Fl Conference Room	11/12, 11/26
Brooklyn	Address	Date
Medisys Health Network	3080 Atlantic Avenue	10/21
Flatbush Community Office	2166 Nostrand Avenue	10/21, 11/4, 11/18
Bensonhurst Community Office	2236 86th Street	10/29, 11/11, 11/19
Brookdale Hospital Medical Center	1 Brookdale Plaza, Basement Classrooms 1 & 2	11/1
Coney Island Hospital	2601 Ocean Pkwy, Main Building, 2nd Fl	11/7
Woodhull Medical and Mental Health Center	760 Broadway, Solarium Conference Room	11/12
Manhattan	Address	Date
Harlem Community Office	34 East 125th Street	10/24, 10/30, 11/4, 11/13, 11/15
Chinatown Community Office	128 Mott Street, Room 407	10/27, 11/25
Washington Heights Community Office	1467 Saint Nicholas Avenue	11/6, 11/7, 11/14
Chinatown Community Office	28 East Broadway	11/19
Queens	Address	Date
Elmhurst Community Office	40-08 81st Street	10/21
Jackson Heights Community Office	93-14 Roosevelt Avenue	10/22, 10/29, 10/31, 11/15, 11/22
The Joseph P. Addabbo Family Health Center	6200 Beach Channel Drive	10/25
Flushing Community Office	41-60 Main Street, Room 311	10/30, 11/12, 11/27
Long Island	Address	Date
Hempstead Community Office	242 Fulton Avenue	10/22, 10/25, 11/6, 11/11, 11/14

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Trump abandons plan to host 2020 G7 meeting at his Florida golf resort

Heavily criticized plan shut down almost as soon as it was announced.

U.S. President Donald Trump abandoned plans late on Saturday to host next year's Group of Seven summit at his Florida golf resort, after Democrats and others had decried the selection as evidence of the president misusing his office for personal gain.

In a series of tweets, Trump said he would drop the plan announced Thursday by White House acting chief of staff Mick Mulvaney to host the meeting at Trump National Doral golf resort near Miami from June 10 to 12. Trump cited what he termed "Crazed and Irrational Hostility" from Democrats and the news media in explaining the reversal. "We will begin the search for another site, including the possibility of Camp David, immediately," he wrote.

The Republican president faces criticism and a number of congressional investigations over his finances and potential conflicts of interest stemming from his real estate business, which he still owns,



U.S. President Donald Trump reacts during a campaign rally in Dallas, Texas, U.S., October 17, 2019. REUTERS

and an impeachment inquiry into accusations that he pursued political interests in his dealings with Ukraine.

On Saturday, Trump sought in his unusual reversal to emphasize what he said were the resort's positive features for hosting a large gathering. "I thought I was doing something very good for our Country," he wrote on Twitter.

The U.S. constitution's emoluments clause prohibits government officials from receiving salaries, fees or profits from foreign and domestic governments without congressional approval.

Watchdog group Citizens for Responsibility

and Ethics in Washington said on Saturday the initial decision to award the event to a Trump property was "stunningly corrupt" but the "reversal shows that pressure works."

"The president deserves no plaudits for doing the right thing only after public outcry forced him not to do the wrong thing," it said.

Democrats have said they would investigate Trump's plan to host the G7 at his property after he floated the idea in August. House Judiciary Committee Chairman Jerrold Nadler called the announcement "among the most brazen examples yet of the president's corruption." REUTERS

New York city council votes to close infamous Rikers Island jails

The New York City Council voted on Thursday to close the city's infamous Rikers Island jail complex by 2026, casting off a detention system plagued by chronic violence and decrepit facilities, as the nation rethinks mass incarceration.

The council approved an \$8.7 billion legislative package to close Rikers and three other jails, replace them with four more humane facilities throughout the city, and eventually turn Rikers Island itself into a public space.

"Rikers Island is a symbol of brutality and inhu-



GETTY IMAGES

manity and it is time for us to once and for all close Rikers Island," City Council Speaker Corey Johnson told colleagues before the vote.

"I don't think I am overstating it when I say that for many of us this is one of the most signifi-

cant votes of our entire career," he said.

The 400-acre (160-hectare) island in the East River, connected by bridge to the borough of Queens, is home to nine jails with about 7,000 inmates. Most are defendants awaiting trial or serving sentences of less than one year.

Two decades ago, when the city's crime rates were at their peak, Rikers' population numbered more than 20,000 inmates.

In 2017, Mayor Bill de Blasio proposed closing Rikers within 10 years, and in 2018 the city stopped holding inmates between the ages of 16 and 18. REUTERS

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So many had given up hope.

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The Treatment Formula

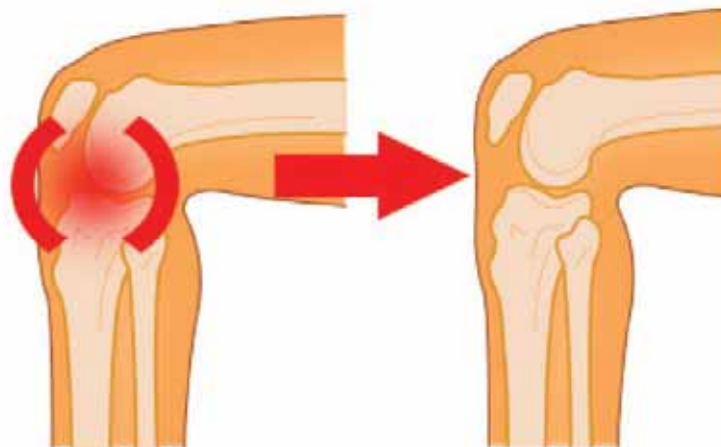
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

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- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, **NYC Pain MD** feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At **NYC Pain MD** your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed **NYC Pain MD** to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... **NYC Pain MD** would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com
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U.K. Prime Minister Boris Johnson has helmed Brexit negotiations.

REUTERS

Brexit will happen on Oct. 31 despite PM's unsigned delay request, UK says

And the saga continues...

The British government insisted on Sunday the country will leave the European Union on Oct. 31 despite a letter that Prime Minister Boris Johnson was forced by parliament to send to the bloc requesting a Brexit delay.

The Brexit maelstrom has spun wildly in the past week between the possibility of an orderly exit on Oct. 31 with a deal that Johnson struck on Thursday and a delay after he was forced to ask for an extension late on Saturday.

Johnson's defeat in the British parliament over the sequencing of the ratification of his deal exposed the prime minister to a law passed by those opposed to a no deal departure, demanding he request a delay until Jan. 31.

Johnson sent the request note as required, but unsigned, and added another signed letter arguing against what he cast as a deeply corrosive delay. One of his most senior ministers said Britain would still leave the bloc on Oct. 31.

"We are going to leave by October 31. We have the means and the ability to do so," Michael Gove, the minister in charge of no-deal Brexit preparations, told Sky News.

"That letter was sent because parliament required it to be sent ... but parliament can't change the prime minister's mind, parliament can't change the government's policy or determination."

In yet another twist to the running Brexit drama, Johnson sent three letters to Donald Tusk, the president of the European Council.

First, a brief cover note from Britain's EU envoy explaining that the government was simply

complying with the law; second, an unsigned copy of the text that the law, known as the Benn Act, forced him to write; and a third letter in which Johnson said he did not want an extension.

"I have made clear since becoming Prime Minister and made clear to parliament again today, my view, and the Government's position, that a further extension would damage the interests of the UK and our EU partners, and the relationship between us," Johnson said in the third letter, signed "Boris Johnson".

The EU, which has grappled with the tortuous Brexit crisis since Britons voted 52%-48% to leave in a 2016 referendum, was clearly bewildered by the contradictory signals from London.

Tusk said he had received the request from Johnson and would start consulting EU leaders on how to react.

French President Emmanuel Macron told Johnson that Paris needed swift clarification on the situation after Saturday's vote, an official at the French presidency told Reuters.

"He (Macron) signaled a delay would be in no one's interest," the official said.

It was unlikely that the EU's 27 remaining member states would refuse Britain's request, given the impact on all parties of a no-deal Brexit. Diplomats said on Sunday the bloc would play for time rather than rush to decide, waiting to see how things developed in London.

Gove said the risk of no deal had increased and the government would step up preparations for it, including triggering its "Operation Yellowhammer" contingency plans.

"We cannot guarantee that the European Council will grant an extension," Gove said. **REUTERS**

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Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain.

And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

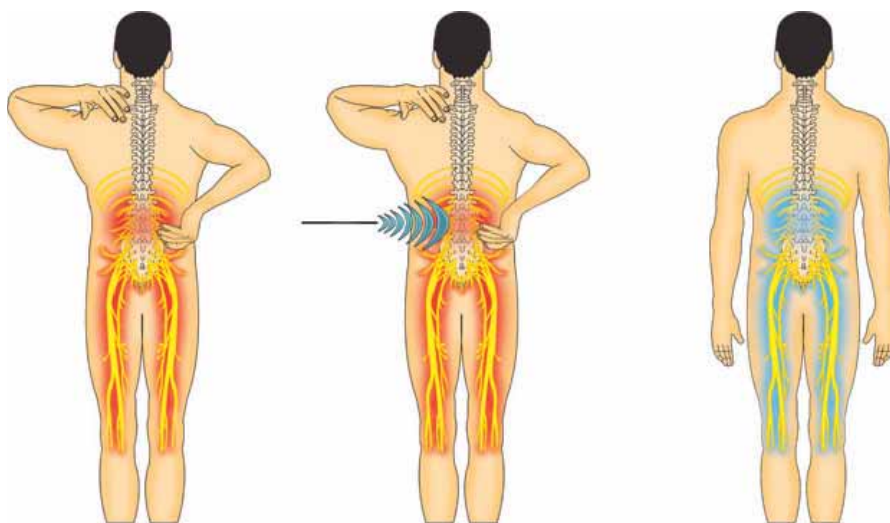
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is - another procedure can be safely performed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

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LIFESTYLE

Dr. Neil deGrasse Tyson goes into the unknown

The famed scientist answers your questions and debunks Bigfoot in his new book, "Letters from an Astrophysicist."



PAT KING
patrick.king@metro.us

During turbulent times, it's a normal reaction to search for meaning in a world that seems to be acting irrationally. Some people turn to religion, others to science and some just shut down completely. Famed astrophysicist and host of the shows "Cosmos" and "Star Talk" Dr. Neil deGrasse Tyson has been someone that many have looked to for answers to these questions over the years and in his newest book, "Letters from an Astrophysicist," Dr. Tyson lets his readers into some of the most intriguing pieces of correspondence he's had with fans throughout the years, as well as three open letters, including a eulogy to his late father. I caught up with the famed scientist over the phone to talk about the book while he was at work at the Hayden Planetarium, where he is the director of the Rose Center for Earth and Space, to talk about the new book.

What was the inspiration behind pulling back the curtain and letting people see these intimate conversations that you have with people in your new book?

Yeah, you said it precisely correctly. I've pulled back the curtain and the conversations cover topics that people rarely hear me discuss publicly. So it really is a behind the scenes, sort of under the hood, what's going on when I interact with people one on one.... There's about a hundred letters in the book, 101 letters to be precise, about 10% of the letters are from people who follow religious tradition and then they learned science and encounter a conflict and are now trying to understand how to reconcile; or they're forever at odds and they're reaching for some type of answer. Which I find to be humbling because these are people steeped in traditions that are very meaningful in their lives.

And I felt that, were I to engage them, I should do so in a way where I have some... where I've developed a sufficient knowledge of where they're coming from. No one is suicidal in the book. Just people wondering, looking for meaning and purpose in life and wondering

whether any perspective that derives from the universe could inform it. And this is what happens persistently throughout the book.

And so I'm intrigued that people feel so comfortable that they would just bring these elements to it. And I've thought about it and I realized that most people - I think this is true - most people have never met a scientist, much less been able to claim one as a friend. So their exposure to me may be their only occasion to share something in their life with a scientist and that's what they've done.

I collected a few hundred of those letters and the 101 in this book are a culling from that set. So each correspondence has some value to more than the person who has received the answer. Letters that are different here at the fitness topic, I don't need to include those in the book. They'd be happy with the Wiki page answer. And in fact, I had staff that would reply to such letters, you know, "How big the universe is" or "Why is it expanding," the sort of thing. So this was a book of Q+A where you come to learn about astrophysics. It's a book of questions from people who found themselves in a certain place in life where they saw, they

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needed, they wanted a perspective that only the scientists could give.

Have you noticed that some of these questions have directed your own personal research? What have you learned from some of these questions?

So my religious literacy, or my "spiritual literacy" is derived entirely because I've been asked questions of people who come from that [religious] background. So after whatever might be the lead questions, I get asked scientific questions about the universe, or what's going on with black holes. In many cases by the fifth or sixth question people begin to branch in to "What does science say about God?" or "Who created the Universe, if not God?" So that becomes bland. There are many people who use that line of questioning that come my way. Originally, I was just sort of counting those questions as, "Well that's not science."

But then I thought to myself, when someone comes to me with whatever effort, especially if it's a handwritten or composed letter, I open up more than just saying, "Well this is science, and that's not." Whether you're an educator and they're a

curious person, whether or not they're formally a student, the contract is: I should know where they're coming from. And that responsibility is on my shoulders, not theirs. So if someone is a fundamental Christian and asks me a question, I should know what is driving their thoughts. Because if I don't I will not otherwise know how to reach them with ideas, with thoughts and perspectives. So over the years I developed a huge library of different tracks to see where people were coming from, how and why, what they're saying, what they're not saying, what upsets them, what brings joy to them.

That background that I built over the years gives me the confidence in the conversation that I take back to people when they ask questions. And the same is true for UFOs and other paranormal phenomena. So a lot of my library is comprised of books that catch me up on where all of these people are coming from. And if you're in the book, you will see, I give very real attention to people who, in some circles, would just be considered crazy. Right? Well not crazy, but delusional. One person said, "Could there really be a large hairy ape wandering the Pacific North-

west?" So, I said, it's not likely and here's why: The rate of which we're discovering large animals in the world has dropped precipitously now that every place on earth has been explored.

So it's just less likely. And I gave a few more arguments and he writes back and says, "Tyson, as a scientist, I would have thought [you] would have been much more open-minded about this." He got a little angry. If you looking for Bigfoot, then you're not only looking for Bigfoot because it's a large hairy ape. There's got to be at least two of them, and they reproduce, because it's a mammal, if it's hairy, so it's got to be at least two. So that doubles your chances. Then they might have babies. So that triples your chances and you're not just looking for one Bigfoot. So I'm giving people attention, but I also know where they're coming from.

There's a huge back-drop that I've acquired over the years. Mostly the form of self-driven homework that I've conducted so that I can start with where they are and then take them to a new place; rather than require that they come to where I'm standing.

Dr. Tyson appears tonight at the Chevalier Theater, Medford, MA.

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The Miracle of the Andes

In October 1972, a chartered flight with 45 people on board crashed on a glacier in the remote Andes. Twenty-eight of the passengers survived the impact, but facing starvation and death had to resort to extreme measures. Metro remembers the details of the terrible tragedy that was featured in the "Alive" biographical drama film with John Malkovich and Ethan Hawke.

STANISLAV KUPTSOV
MWN
letters@metro.us

In 1972, the amateur Old Christians Club rugby union team from Montevideo, Uruguay was considered one of the best in the country. Club president Daniel Juan chartered a Uruguay-

an Air Force twin turbo-prop Fairchild FH-227D to fly the team over the Andes to Santiago, where they would play a match against the Old Boys Club, an English rugby team.

Lieutenant-Colonel Dante Héctor Lagurara and Colonel Julio César Ferradas (an experienced Air

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Force pilot who had a total of 5,117 flying hours) were piloting the plane, while Lieutenant Ramón Saúl Martínez was responsible for navigation.

From the very beginning things went in the wrong direction. The weather was bad, the liner did not reach the mountains and landed at the airport of Mendoza, at their very foot. Local pilots advised to cross the ridge with a hook to the south, where the mountains were not so high and dangerous. Through the Planchón Pass it was possible to get to the Chilean town of Curicó and head north to the Santiago airport.

On October 13, the plane set off on its last journey. During the flight over the Pass, Lagurara contacted the Santiago airport manager and announced that Fairchild FH-227D was heading to its destination from Curicó. But it turned out that the crew had miscalculated the flight time. At that time the plane was still above the mountains, but pilots did not see them because of the clouds.

Passengers were in a good mood. Even when the liner entered the cy-

clone and started shaking, they were joking a lot. But at some point the plane dropped 1.5 thousand meters down. The panic began when the alarm system was triggered, warning about the imminent collision. Someone saw the rapidly approaching mountains and then the plane was filled with screams of horror.

The pilots tried to lift the airliner, but the clouds dissipated and they saw a terrible picture: the plane was right at the slope of the mountain. In a desperate attempt to correct the mistake, pilots put the plane almost in an upright position, but that did not help. At an altitude of 4.2 thousand meters, it hit the top of the mountain with its right wing, which came off and cut the tail. Two rows of seats with passengers fell out of the hole to the mountain.

The wingless plane collapsed on the slope and rolled down at a high rate. On the way its roof was torn off and when it stuck in the ice, almost all the crew members died.

"At that time there was no GPS, thus the orientation was done thanks to

the wind and time," Yuri Sytnik, a Russia-based pilot, explained to Metro. "And in the mountains it is so difficult to navigate because the wind direction often changes. Because of this and other factors, crew did not know the correct position of the plane, but the dispatcher allowed the high reduction in those conditions. It was a typical pilot's mistake, who started to descend prematurely in the mountainous terrain."

After the crash in the Andes 28 people survived, some of them seriously injured. They were at a height of 3.6 thousand meters, in the middle of rocks and snow, in the frost, without any food supplies. And a desperate struggle for survival began.

Cannibalism and avalanche

Marcelo Perez, coach and captain of the team, ordered to fix all the holes in the plane before the first night. They had to put on several sweaters, jeans and pairs of socks, because at night the temperature could reach -40 degrees.

Passengers included medical college students

who provided first aid to the wounded. Later they were responsible for the health of the survivors. The main thing they had to fight with were strong frostbites, which could turn into gangrene.

"I did not have guilty conscience and I have no problem talking about cannibalism. We had no other choice."

Eduardo Strauch, survivor

The next day after the crash, a search helicopter flew over the site, but the desperately screaming people were not noticed. Then someone proposed to make a cross with suitcases. That did not help either.

Survivors learned to get water quickly. During the day, the snow was put on the aluminum parts of the plane, where it was heated by the sun and melted.

The food ran out quickly, as there were just a few snacks, chocolates, a can of sardines and some alcohol. Desperate people began to open the seats, hoping to find straws there, but efforts were in vain. They chewed leather straps of the suitcases, but could not digest them.

Another food option was available the whole time, but nobody wanted to think about it until it became clear that it was becoming a matter of life and death.

"It was greyish white, as hard as wood and very cold," Nando Parrado wrote in his biography. "I reminded myself that this was no longer part of a human being; this person's soul had left his body. Still, I found myself slow to lift the meat to my lips. I avoided meeting anyone's gaze, but out of the corners of my eyes I saw the others around me. Some were sitting like me with the meat in their hands, summoning the strength to eat. Others were working their jaws grimly. Finally, I found my courage and slipped the flesh into my mouth. It had no taste. I chewed, once or twice, then forced myself

to swallow. I felt no guilt or shame. I was doing what I had to do to survive."

Cutting, drying and distributing the meat was done by specific people who did not tell anyone who had been cut up. One of those was Eduardo Strauch.

"I have just cut small pieces at the beginning, to make it less difficult and get used to. And dried them on the plane for the same reason," he told Metro. "I did not have guilty conscience and I have no problem talking about cannibalism. It has been hard to break the taboo, but very fast we got used to do it. We wanted to live, we were very young and offered our bodies to each other not knowing who would become the food for whom...We had no other choice."

Survivors were eating not only meat, but also insides. They were splitting skulls and vertebrae to get the brain out. 15 days after the crash an avalanche happened, which replenished the food reserves by another half ton.

The place of the plane crash was called the "Glacier of Tears."



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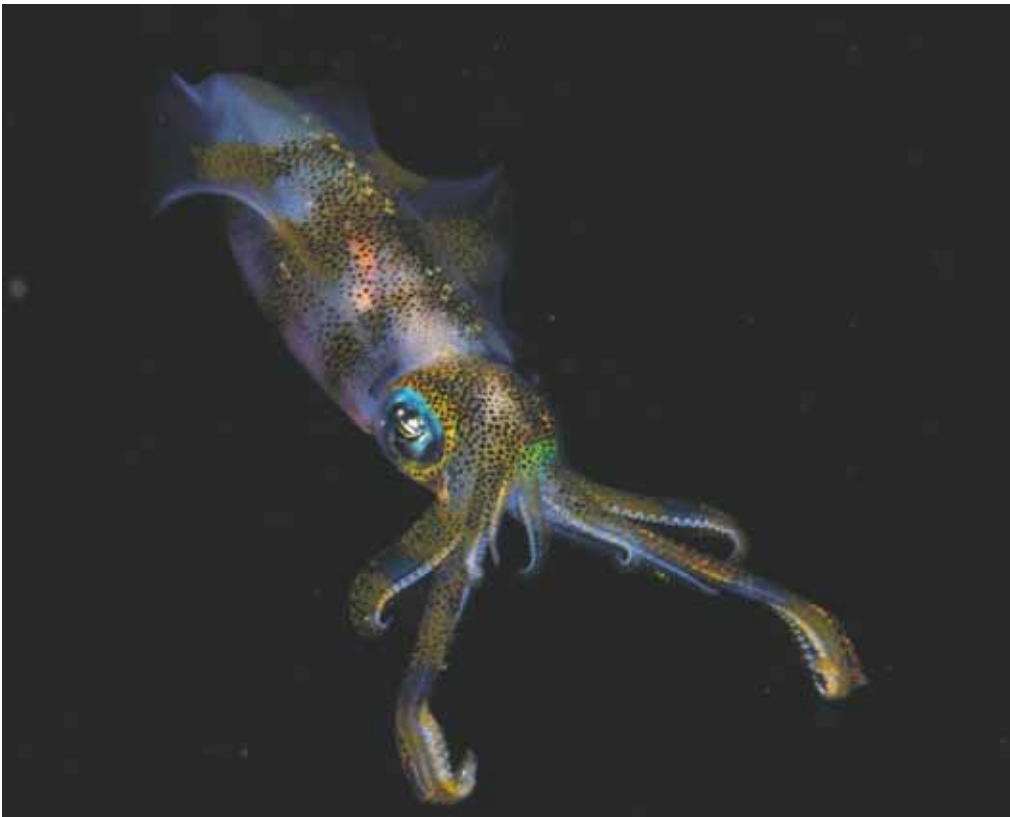
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Teenager's pic earns Wildlife Photographer of the Year




14-year-old made a winning squid photo

A teenager from New Zealand has recently become the Young Wildlife Photographer of the Year thanks to an incredible shot of a squid taken at Lembeh Strait off North Sulawesi, Indonesia. Cruz Erdmann was on a night dive with his dad when he saw a pair of bigfin reef squid in the shallow water. One of them swam off but Cruz quickly adjusted his camera and strobe settings, knowing that the opportunity was too good to miss. **MWN**




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SPORTS

JOE PANTORNO
joseph.pantorno@metro.us

The return of Saquon Barkley wasn't enough for the New York Giants, whose comeback fell short on Sunday afternoon in a 27-21 loss to the Arizona Cardinals.

New York trailed by as much as 17-0 in Week 7, but rookie quarterback Daniel Jones was unable to put the Giants over the top despite outscoring the Cardinals 21-10 after finding themselves in a big hole initially.

Arizona's pass rush overwhelmed the Giants' weak offensive line as they racked up eight sacks on the day, ensuring the hosts couldn't settle into an offensive groove.

Jones completed 22-of-35 passes for 223 yards, a touchdown and an interception while the returning Barkley put up 72 rushing yards and a score.

The rushing superlatives on Sunday, however, belonged to Cardinals running back Chase Edmonds — who played his collegiate ball at Fordham — as he posted 126 yards on the ground with three touchdowns.

The Giants defense was initially ripped



Chandler Jones and the Cardinals got to Daniel Jones eight times. GETTY IMAGES

apart by the Cardinals — more specifically, Edmonds.

The second-year running back torched the Giants for a pair of 20-yard touchdowns on Arizona's first two drives of the afternoon.

He became the first Cardinals with two rushing scores in the first quarter since 1989.

Meanwhile, Jones and

the Giants offense were completely stifled, gaining just three total yards in the first 15 minutes.

Following a field goal that put the Cardinals up 17-0 early in the second quarter, the Giants woke up.

On the ensuing drive, Jones quickly led New York 79 yards in 2:02 to get them on the board.

The young Giants

quarterback accounted for 62 of those yards, capping things off with a 28-yard touchdown pass that was perfectly lobbed into the arms of backup tight end Rhett Ellison.

The Giants defense then finally found a way to stop Kyle Murray and the Cardinals offense, sacking the rookie for a 15-yard loss on a third-down to force the visitors to punt from deep in their end zone.

On the punt attempt, Giants safety Michael Thomas broke through the line and blocked Andy Lee's kick, which was recovered in the end zone by Eli Penny for a touchdown to bring the Giants within three.

Jones' second turnover turned out to be a costly one after he was stripped-sacked by Chandler Jones — who had four sacks on the day — at midfield with 7:33 left in the third. Within three plays, Edmonds scored his third

touchdown of the game, a 22-yard rush this time.

Barkley — who was hobbled on multiple occasions throughout the afternoon — got the Giants to within three once again with a seven-yard touchdown rush, just his second of the year.

The Giants' comeback hopes took a hit in the game's final minutes when Pat Shurmur called up a draw play on a 3rd & 18 on his own 30-yard-line with 3:11 left in the game — it went for three yards.

Shurmur opted to go for it on 4th & 15, only to see Jones strip-sacked again to give the Cardinals possession on the 17-yard-line.

Arizona would only settle for a field goal to go up six before the two-minute warning when Murray inexplicably ran out of bounds on a 3rd & 10 with 2:20 left. But the Arizona defense sacked Jones two more times to close things out.



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Jose Altuve ended the ALCS with a walk-off home run on Saturday night off Aroldis Chapman. GETTY IMAGES

LACK OF TRUE ACE DOOMED YANKS

PANTORNO'S PERCH



JOE
PANTORNO
@JoePantorno

You'll usually find the five stages of grief in sports fans after their favorite teams lose a heartbreaking postseason game or series.

That's exactly the case within the Yankees' kingdom entering a new week as they sift through the rubble that was Jose Altuve's series-winning, walk-off, two-run home run in Game 6 of the ALCS on Saturday night to send the Astros to the World Series and the Bronx Bombers back to the Big Apple.

It was an excruciating way to go down, especially after DJ LeMahieu hit a two-run home run in the top of the ninth inning off Houston closer Roberto Osuna to tie the game at four.

Thus, the five stages of grief began. For those who don't know, they go as follows:

- 1) Denial
- 2) Anger
- 3) Bargaining
- 4) Depression
- 5) Acceptance

Steps one and two got out of the way pretty quickly as Yankees fans had to pick their jaws off the floor when Aroldis Chapman's 83-mph slider was put into orbit by Altuve.

And the anger wasn't far behind either, naturally.

But as the first few days of the Yankees' off-season pass, we're at our third stage: bargaining.

This is when fans try

to look on the brighter side of things in an attempt to alleviate their disappointment.

What's been immediately pointed out was the Yankees' ability to come this far despite the overwhelming number of injuries this season.

New York's biggest names — ranging from Severino to Stanton to Andujar to Betances — spent considerable time on the injured list as the Yankees lost over 2,000 man games this season.

Then came the fairy tale story that was the resurgence of LeMahieu as a legitimate American League MVP candidate, the arrival of Gio Urshela, and key contributions from no-names like Mike Tauchman and journeymen like Cameron Maybin.

Magical, right?

Sure. It's incredibly admirable what the Yankees did this season.

That being said, 2019 will go down as an enormous missed opportunity for a franchise that is now in a pennant drought that every living fan on this planet has yet to experience.

And it comes down on general manager Brian Cashman, who once again refused to upgrade his starting pitching ranks this season.

I was complimentary of Cashman no more than a month ago when he managed to build enough depth, along with a stellar bullpen, to help the Yankees win their first AL East crown in seven years.

Even with baseball's unsightly shift to pitch counts and bullpen games, though, the lack of a true ace was glaring

in a playoff series against a truly good team.

Masahiro Tanaka, Luis Severino and James Paxton accounted for just 23.2 of the Yankees' 54.2 innings pitched during the ALCS.

Some of the blame can be deflected toward manager Aaron Boone and his quick trigger for the bullpen, but his starters often got into trouble quickly, which doesn't leave much of a choice for the skipper against a loaded lineup like the Astros'.

Meanwhile, the three-headed monster of Gerrit Cole, Justin Verlander and Zack Greinke accounted for 31 innings of work in the series, allowing Houston to keep its bullpen far fresher.

If the Yankees had a true ace — because Severino and Paxton are not that, at least for now — Boone wouldn't have had to over-tax his bullpen. That ultimately led to the Astros finding a way to get to once-impenetrable arms like Chad Green and Chapman.

"The more times you face guys, obviously, as relievers, you get overexposed," Yankees reliever Zack Britton said. "It's the one thing I always say: That's why we're relievers, not starters. You overexpose guys, it's inevitable that eventually, they're going to get a little bit."

That's as telling as a quote as you need to hear if you're Cashman.

An elite arm in the rotation must be his top priority this winter or else we'll see more of the same from a Yankees team that is predicated on power until it meets a team with top-tier pitching.

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CENTRAL MORTGAGE
COMPANY, Plaintiff, vs.
TEOFILO MENDEZ,
GLORIA HEREDIA DE
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dated September 4, 2019, I, the
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buildings and improvements thereon
erected, situate, lying and being in
the Borough of Queens, County of
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NO: 500-12-343372-193
SUPERIOR COURT

ROSE-MARIE ALEXANDER
Applicant
-Vs-
MERVYN ALBERT
Defendant

SERVICE BY PUBLIC NOTICE

BY ORDER OF THE COURT:

Notice is given to the Defendant, Mervyn Albert, that the Applicant has filed a Motion to Institute Proceedings for Divorce, in the office of the following court: Superior Court of the district of Montreal. A copy of the motion and of the notice to the Defendant has been left for him at the office of the Court, at the Montreal courthouse, located at 1, **Notre-Dame Est, Montreal**.

The Defendant is ordered to appear within 30 days of the publication of this order.

Failure to appear within the time fixed could cause a judgment by default to be rendered against the Defendant without further notice as of the expiry of the time fixed.

Montreal, this September 25th, 2019

BAJ Crémazie
Me Marilyn Gariépy, Lawyers of the Applicant

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County, for on premises
consumption. 225 Liberty
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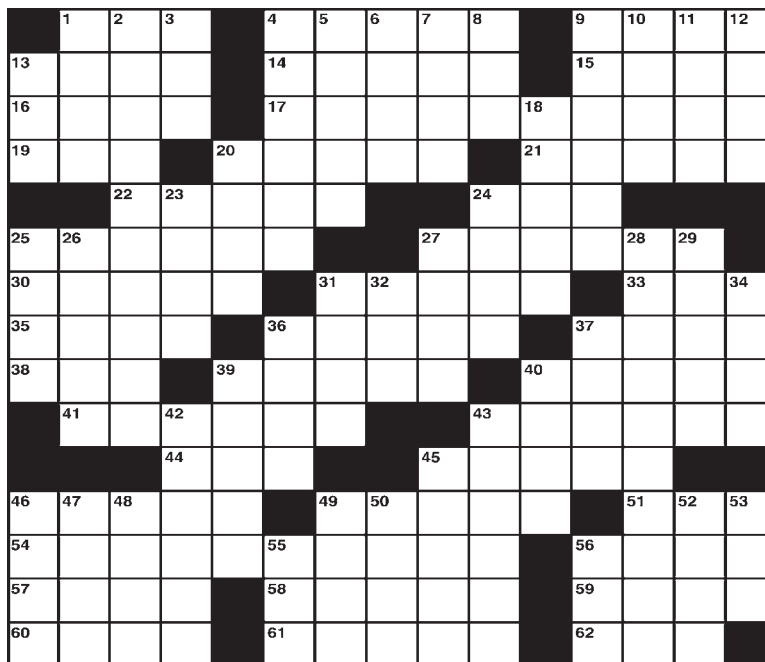
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- 1 Crony
4 Quackers
9 "Woe is me!"
13 Additional amount
14 TV actress __ Grant
15 __ fide; genuine
16 Reason to call Orkin
17 Strewing about
19 Ugandan tyrant
20 Student's composition
21 Months for dads & grads
22 Pilot
24 Energy
25 Martians & others
27 Stratagem
30 Decompose
31 Stretch of land
33 Apple product
35 Enthusiastic
36 __ about; ponder
37 Agile
38 "Give __ break!"
39 Grains sown
40 Essentials
41 Go by, as time
43 William Randolph or Patty

- 44 College entry exam
45 __ Mesa, CA
46 Nuisances
49 "All Quiet on the Western __"
51 Spinning toy
54 Amass
56 Prima donna
57 Informal talk
58 Portions
59 Hardly __; seldom
60 Heavy book
61 Perspiration
62 Actress Ming-Na __

DOWN

- 1 Fishing spot
2 Imitation
3 French article
4 __ off; leaves quickly
5 Stomach ailment
6 Boston __ chowder
7 Toy with a tail
8 "Ready, __, go!"
9 Sudden
10 Cut of pork
11 Actress Meara
12 Hangs limply
13 __ tai; rum cocktail
18 Kick out
20 Wee
23 Go ahead of others
24 Fill a suitcase
25 Eden resident
26 Embankment
27 Sunbathes
28 Absolutely necessary
29 Hallmark products
31 "My Country, 'Tis of __"
32 __ of; no longer burdened by



BY TCA

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Arkadium

- 34 Abnormal sac
36 Reason to study
37 Fanny
39 Charley horse, e.g.
40 Robin's home
42 Clever

- 43 Truthful
45 Terra-__; brownish-orange color
46 Treaty
47 Repeated sound
48 Con game

- 49 Defect
50 Steak orderer's request
52 Kiln
53 Golfing term
55 Higher-__; superiors
56 Drops in the morning

horoscopes

Aries Get on board and make things happen. Don't leave your future in someone else's hands. Pitch in and be a part of the process. Your contribution matters.

Taurus A change someone makes may not sit well with you, but if you go about your business and do your own thing, you will feel satisfied with your accomplishments.

Gemini If someone questions you, offer only what's necessary. Remain in control and protect yourself against theft. Be smart and equitable.

Cancer Share your stories, dreams and intentions with a loved one. The insight and thoughtfulness you get in return will help you bring your plans to the forefront.

Leo Broaden your horizons, learn all you can, build your stamina and endurance, and prepare for inevitable changes.

Virgo Listen and learn. The information you pick up will help you mold your ideas and strengths into something beneficial. A positive change is heading your way.

Libra You can dodge a bullet if you refrain from sharing your opinion. Listen, learn and choose your battles wisely. Don't waste time on a dead-end project; focus on what's new and exciting.

Scorpio Discuss your thoughts and feelings. It's important that the people you are dealing with know your plans if you want to get the support you need to be successful.

Sagittarius Insincerity is apparent when dealing with matters that concern money, settlements and expectations. Don't dismiss your intuition. If something doesn't seem right, ask questions.

Capricorn Don't start your day on the wrong foot. Put emotional negativity on the back burner and embrace the things that can bring you the rewards you desire.

Aquarius You can waste time arguing, or you can focus on making personal gains, expanding your interests and contributing to something worthwhile. Maintain a positive attitude.

Pisces Don't stir up trouble or take part in someone else's chaos. You'll make gains if you use ingenuity when handling your finances, approaching your responsibilities and taking care of your health. EUGENIA LAST

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BAFTA
Blues
Brothers
Carrie

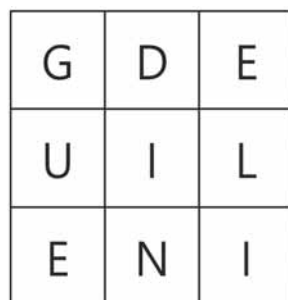
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